

## Overall Session 4: Resources list explainer

[Youth Achievement Award \(YAA\)](#) or "Participant Journal" - if a participant is taking part in completing a journal or an accreditation such as a [Bronze Youth Achievement Award](#), please ensure that young people are aware they are to keep the copies of the part 2 participants activity sheet 1 and part 3 participant activity sheet 2 as evidence of them engaging in the session.

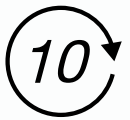
All resources sheets are available as a presentation and an images can be enlarged to meet the needs of your session and used with a projector another device that can display in the landscape orientation.

### Hints and tips:

- You can save the videos to your computer/tablet or phone to view offline with participants.
- Be sure when offering advice that you show the participants that you have listened and empathise with them.

### Resources sheets:

- **Icebreaker:** we recommend the "if you" questions
- **Part 1:** a story about feeling low self-esteem.
- **Part 2:** positive words and phrases. Resource sheet 1 and participant activity sheet 1.
- **Part 3:** what is self-esteem? Reflection - **activity sheets provided.**
- **Part 4:** has this session achieved the intended learning outcomes?
- **Evaluation:** we would recommend - the people tree - attached to this session.



This symbol represents how many minutes (approximately) to spend on an activity.

If participants are working away from the main group, print and send out the session resources, evaluation and other sessions you are planning to use.

If so activity sheets can be uploaded to a [Whiteboard/Jamboard](#) or another platform as a background image for a digital adaptation, if you have the skills and resources to do so.

**Padlet:** can be a great resource for many online activities and for this one its perfect! Facilitators can create a wall where participants can collectively collaborate in the physical space and/or online.

### Key points:

- Please remember, although Youth Cymru have viewed the video and rated them appropriate for the intended age group of 14+, the content of the videos and the session may be too mature or unfamiliar to some participants. Please review content of videos prior to session delivery before showing them to your participants.
- Remind the participants that the views expressed in this session are for the group attending and some discussion may provoke strong reactions. Having support opportunities for participants, such as referral pathways, regular breaks and opportunities to leave the session without judgement to a safe space is advised.

### For further reading on self-esteem:

- [Palladino, C \(1990\), Developing Self -esteem: A Guide for Positive Success Kogan Page Ltd.](#)
- [About self-esteem | Mind, the mental health charity - help for mental health problems](#)
- [Raising low self-esteem - NHS \(www.nhs.uk\)](#)
- [Hey U.G.L.Y. \(heyugly.org\)](#)



- Pens/ pencils / flipchart paper / plain paper and Post-it notes
- Activity sheets 1 & 2
- Tablet / laptop / projector
- Wi-fi/data

### Potential difficulties:

Self-esteem can be subjective and based on the individual, and as a result there may be confusion if not properly explored fully.

Anyone can have low self-esteem. This can be used as motivation to succeed but at the same time be a burden. Please see session 2 on control circles to support this session.

### Ice breakers

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We recommend using 'the 'if you' question?' - from our Ice breaker section.